

## **Course Descriptions & Age Restrictions**

**Make Every Step Count [Ages 15+]** The participant will have the option to solely walk on the track to attain 10,000 steps per day, or partake in the various additional coordination, cardiopulmonary, and strength elements. Additional elements may include varying speed through walking faster, skipping, hopping, traveling sideways, jumping jacks, ski-erg, and farmers walk using handheld weights. Using the provided additional elements participants can cross-train and more quickly increase their fitness level.

**Flow Yoga [Ages 12+]** All levels yoga class focusing on linking breath and movement, flowing from one pose to the next. This faster paced practice heats the body and builds balance, strength and flexibility. Moderate intensity.

**Gentle Yoga [Ages 12+]** Students will be led through a slow-paced Hatha Yoga practice with an aim to stretch, strengthen and relax. All levels welcome.

**Hatha Yoga [Ages 12+]** Students will go through a series of standing postures, seated forward folds and twists. Students new to yoga will have the opportunity to learn basic poses at a pace that will be easy to follow, while students looking to deepen their practice will be provided with more challenging variations of poses.

**Strength & Stamina [Ages 15+]** An intense session of heart pumping exercise and strength training. Come prepared to train hard in this high intensity workout using plyometrics and heavy weights. This is a fast-paced class with few rest breaks given. Rest and self-modify as needed.

**Stretch & Meditation [Ages 15+]** This class will lead the participant through a light stretch component followed by a guided meditation. It is recommended meditate for at least 20 minutes, ideally prior to starting their day. The benefits of meditation are, reduced stress and anxiety levels, increased emotional awareness, and living a more productive and satisfying life, to name a few.

**Stretch & Roll [Ages 15+]** Using foam rollers and trigger point release tools, students will learn self-message techniques targeting the connective tissues. All levels welcome! Learn new skills and help prevent future injuries.

**Suspension Basics+ [Ages 15+]** Get a workout in and learn skills to take home using our Tru-fit Unit suspension trainers, like the TRX training. Suspension is moderately difficult, low impact class.

**Spinyasa strength & Flow [Ages 12+]** This class is a dynamic Vinyasa Flow with added weight resistance, spinning, cardio, and abdominal program. You will get your heart rate up, boosting your metabolism and building a toned body. Limited modifications allowed so please ask your instructor before you begin.

**Yin Yoga [Ages 12+]** A restorative form of yoga focused on deep stretches. Poses are typically performed on the floor and are held longer periods.

**Yoga + Meditation [Ages 12+]** In this class, you will be guided through breathing exercises, followed by gentle stretches and a calming meditation. Join us to ease into the weekend and become your best self, off the mat.

**MOST CLASSES REQUIRE CLOSED-TOED FOOTWEAR (EXCEPT FLOW, YIN AND HATHA YOGA). PATRONS WITH IMPROPER FOOTWEAR MAY BE TURNED AWAY FROM CLASS AT THE INSTRUCTOR'S DISCRETION.**